



## **Spring-Summer Program 2014**

**(April 7- July 25)**

This flyer provides information about the Rockville-Montgomery Swim Club (RMSC) Spring-Summer competitive swimming program. The Spring-Summer session is a vital part of the year-round RMSC training program. Many RMSC winter swimmers choose to swim with RMSC during the summer in order to continue their endurance and stroke training under the supervision of our experienced, professional coaching staff.

Participation in the RMSC program does not preclude any swimmer from competing for their neighborhood pools in the various summer swim leagues. Most swimmers attend a combination of RMSC and summer team practices. (Most summer USA Swimming meets are scheduled so as not to conflict with the summer-league meets.) RMSC swimmers are encouraged to continue participating in the summer leagues. We lend strong support to the Montgomery County Swim League (MCSL) and other summer leagues throughout the area.

The 2014 Spring-Summer season runs from **April 7 through July 25**. Swimmers in the National Training Group, Advanced Senior Group, and Select Junior Groups must register for the whole season. Swimmers in the Instructional Stroke School (ISS), Junior I, Junior II, Senior Developmental, or Senior III programs may choose to swim with RMSC for the entire Spring-Summer season, or an abbreviated Spring-only session from April 7 through June 12, finishing the summer swimming exclusively with their summer club. All swimmers are encouraged to swim for the whole season with RMSC. For swimmers who qualify for and are competing in Eastern Zones, USA Swimming Junior Nationals and/or National Championships, practices beyond the above dates will be offered to help prepare for those meets.

The registration fees and semester dues for the Spring-Summer season are structured similarly to those for the winter season. The initial registration fee, (due by April 7), is payable by check to the "RMSC Parents' Club, Inc." **Program fees (also due before swimmers begin practicing) are paid to the, "City of Rockville."** There is a substantial discount for those swimmers who are members of the Rockville Swim and Fitness Center.

**Registration can be delivered in person to the Rockville Swim and Fitness Center, 355 Martins Lane Rockville MD 20850. Call Dave Greene at 240-314-8755 or email: [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) with any questions.**

In an effort to simplify the meet entry process, meet entry fees will be included in the registration fee. This registration fee will cover all entry fees for the Spring-Summer season.

SCHOLARSHIP ASSISTANCE for the cost of swim team participation is available through the "Debbie Mermelstein Memorial Fund." This fund has been established to promote junior-level swimming at RMSC and is administered by the RMSC Parents Club. The RMSC Parents' Club has also established the Jamie Martens Senior Scholarship Fund to provide similar opportunities for swimmers ages 13 and over. The scholarships are offered to those in need and benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of these funds should contact a coach or a member of the RMSC Parents' Club Board of Directors.

## **Fees - Basic Costs**

### **Registration Fees:**

Each swimmer, before getting into the water at any practice or tryout, must fill out the attached registration form, and pay the registration fee according to this schedule:

<b>Program:</b>	<b>Fee:</b>
NTG, ASG, Select Junior, and Junior I	\$180
Junior II, Senior Development, and Senior III	\$110
Instructional Stroke School	\$65

**Checks for registration fees should be made payable to "RMSC Parents' Club, Inc."**

THIS REGISTRATION FEE IS NON-REFUNDABLE. Registration fees for swimmers who elect to participate in the abbreviated program are not discounted.

### **NOTE FOR HIGH SCHOOL SENIORS:**

All high school seniors and college swimmers are eligible to pay "COLLEGE REGISTRATION". For \$500.00 per year beginning with the Spring season, swimmers remain eligible to compete for RMSC. This fee is paid in two parts:

- 1) \$250.00 for registration to "RMSC Parents' Club" cover the entry fees and USS registration
- 2) \$250.00 for dues paid to the "City of Rockville."

### **Spring-Summer Swim Team Program Fees:**

The 2013 Spring-Summer program runs from April 8 through July 26. As indicated below program fees are based on the swimmer's membership status at the Swim Center. All program fees should be paid before any swimmer participates.

<b>Program:</b>	<b>Members Fee:</b>	<b>Non-Members Fee:</b>
Stroke Clinic (June 17-July 26 only)*	\$75	\$100
Instructional Stroke School	\$289	\$385
Junior II, Senior Development, Senior III	\$372	\$495
Junior I, Select Junior, and ASG	\$491	\$655
NTG	\$529	\$715

\*All swimmers participating in the Stroke Clinic must register and pay for the add-on program in addition to their regular group. Swimmers registered for the Spring/Summer RMSC program will receive a 50% discount on participation in the Stroke Clinic.

**Please note:** Program fees for the abbreviated session (April 7 – June 12) are only for the Instructional Stroke School, Junior I, Junior II, Senior Developmental and Senior III programs and are ½ of the program fees listed above. **Registration fees are not prorated for the abbreviated session.**

#### Practice Schedules:

During the spring semester, practices are scheduled similarly to the winter schedule with workouts held both before school and in the afternoon. After school is out, the schedules change with practices offered in the morning every day as well as some afternoon practices. An afternoon Stroke Clinic on Mondays and Thursdays is also available for team members. The practice schedules for both semesters are listed in this flyer.

#### Group Assignments:

Many RMSC winter swimmers will continue in the same group in which they swam during the winter season. The coaches do, however, re-evaluate each swimmer's group assignment at the beginning of the season and make changes as necessary. Swimmers or parents wishing to discuss group assignments should contact Dave Greene at the Swim Center.

#### USA Swimming Meets:

There are several USA Swimming meets scheduled prior to and during the summer-league season. Most local meets during the summer season are scheduled so as not to conflict with the summer-league meets.

#### Rockville Rays Summer Swim Team:

For those RMSC swimmers who do not belong to another summer swim club, the Rockville Swim and Fitness Center offers summer-league competition on the Rockville Rays. Those interested in swimming on the Rays summer team should see Dave Greene at the Swim and Fitness Center. RMSC swimmers who register for both the full RMSC Spring-Summer session at the Swim and Fitness Center and the Rockville Rays are eligible for a fee reduction for the RMSC program fees as follows:

- Swim and Fitness Center members receive \$115 off of the appropriate fee
- Non-Members receive \$150 off of the appropriate fee.

Please remember that in order to take advantage of the above discounts, swimmers must register for the full RMSC Spring-Summer program and the Rockville Rays.

## 2014 SPRING PRACTICE SCHEDULES (4/7-6/12)

### INSTRUCTIONAL STROKE SCHOOL

MONDAY & THURSDAY:	6:30 - 7:30 p.m.	South Pool
WEDNESDAY:	6:45 - 7:30 p.m.	South Pool
SUNDAY:	8:30 - 9:30 a.m.	South Pool

### JUNIOR II

MONDAY & THURSDAY:	5:30 - 6:30 p.m.	South Pool
TUESDAY:	6:30 - 7:30 p.m.	South Pool
TUESDAY & THURSDAY:	4:45 - 6:15 a.m.	South Pool
FRIDAY:	7:00 - 8:00 p.m.	South Pool
SATURDAY:	7:30 - 9:00 a.m.	North Pool

### JUNIOR I

MON, TUES, WED, & THURS:	4:45 - 6:15 a.m.	South Pool
TUESDAY:	5:30 - 6:30 p.m.	South Pool
WEDNESDAY:	5:30 - 6:45 p.m.	South Pool
FRIDAY:	5:00 - 7:00 p.m.	South Pool
SATURDAY:	7:30 - 9:00 a.m.	North Pool

### SELECT JUNIOR

MON, TUES, WED, & THURS:	4:45 - 6:15 a.m.	South Pool
TUESDAY & THURSDAY:	4:30 - 6:00 p.m.	North Pool
WEDNESDAY:	5:30 - 6:45 p.m.	South Pool
FRIDAY:	5:00 - 7:00 p.m.	South Pool
SUNDAY:	6:00 - 8:00 a.m.	North Pool

### SENIOR DEVELOPMENTAL

MONDAY:	7:30 - 9:00 p.m.	South Pool
THURSDAY:	4:45 - 6:00 a.m.	North Pool
WEDNESDAY:	7:30 - 8:30 p.m.	South Pool
FRIDAY:	8:00 - 9:00 p.m.	South Pool

### SENIOR III

MONDAY:	7:30 - 9:00 p.m.	South Pool
THURSDAY:	4:45 - 6:00 a.m.	North Pool
WEDNESDAY & FRIDAY:	3:30 - 5:00 p.m.	North Pool

### ADVANCED SENIOR GROUP

MONDAY:	4:45 - 6:00 a.m.	North Pool
WEDNESDAY & FRIDAY:	3:30 - 5:00 p.m.	North Pool
TUESDAY & THURSDAY:	4:30 - 6:00 p.m.	North Pool
SUNDAY:	6:00 - 8:00 a.m.	South Pool

### NATIONAL TRAINING GROUP:

MON, TUES, WED, THURS:	3:15 - 5:30 p.m.	South Pool
TUES, WED, & FRI:	4:45 - 6:15 a.m.	South Pool
FRIDAY:	3:15 - 5:00 p.m.	South Pool
SATURDAY:	5:30 - 8:00 a.m.	South Pool

## 2014 SUMMER PRACTICE SCHEDULE

(BEGINNING FRIDAY, JUN. 13)

### INSTRUCTIONAL STROKE SCHOOL

MONDAY & WEDNESDAY: 10:00 - 11:00 a.m. South Pool

### JUNIOR I, JUNIOR II, AND SELECT JUNIOR GROUPS

MONDAY - FRIDAY: 7:00 - 9:00 a.m. South & Outdoor Pool

WEDNESDAY: (Select /Jr. I only) 4:00 – 5:30 p.m. South Pool

SATURDAY: (Select /Jr. I only) 6:30 – 8:00 a.m. South Pool

### SENIOR III AND SENIOR DEVELOPMENTAL GROUPS

MONDAY – FRIDAY: 5:30 - 7:00 a.m. South & Outdoor Pool

### ADVANCED SENIOR GROUP

MONDAY – FRIDAY: 5:30 - 8:00 a.m. Outdoor Pool

### NATIONAL TRAINING GROUP

MONDAY – FRIDAY: 5:30 - 8:00 a.m. Outdoor Pool

TUESDAY: 3:00 – 5:00 p.m. South Pool

SATURDAY: 6:00 - 8:00 a.m. Outdoor Pool

### STROKE CLINIC

MONDAY & THURSDAY: 4:00 - 5:00 p.m. South Pool

### NOTES:

1) The Stroke Clinic is intended to be a **supplement** to morning and afternoon practices and cannot be used as a substitute for these workouts. Stroke Clinic is now a separate program with a fee for all swimmers. All are welcome to attend. Swimmers registered for either the RMSC program or the Rockville Rays program will receive a 50% discount off of the published fees. In addition, a drop-in rate of \$10.00 per session is available.

2) Eight & under swimmers who wish to swim during the summer session with one of the Junior Groups must speak with Dave Greene before attending.



City of  
**Rockville**  
Get Into It

Office Use Only:
Date Processed: _____
Initials: _____

## RMSC SWIM TEAM REGISTRATION FORM

**Please make checks for Registration Fees payable to "RMSC Parents' Club, Inc."**

**Please make checks for Programs Fees payable to "The City of Rockville"**

PARENTS' NAMES \_\_\_\_\_

\_\_\_\_\_  
Last First MI.

\_\_\_\_\_  
Last First MI.

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_ Mother's Work # \_\_\_\_\_ Father's Work # \_\_\_\_\_

Email (very important): \_\_\_\_\_

**Please send an email message to Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) to ensure that we have your correct email address on file for newsletter distribution.**

SWIMMERS:

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LAST FIRST MI. M / F DOB \_\_\_\_\_ GROUP / TERM \_\_\_\_\_/\_\_\_\_\_  
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LAST FIRST MI. M / F DOB \_\_\_\_\_ GROUP / TERM \_\_\_\_\_/\_\_\_\_\_  
LAST FIRST MI.

### **Release, Waiver, Assumption of Risk and Consent**

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

Signature of Participant/Guardian \_\_\_\_\_ Date \_\_\_\_\_